

RESEARCH SHOWS THAT YOU INHALE MORE THAN 60 CHEMICALS WHEN YOU VAPE



Vaping can increase your risk of lung infections. Some chemicals in vapor harm your airways and make them more vulnerable to viruses.



FORMALDEHYDE
NICKEL
HEAVY METALS
LEAD
ARSENIC
BENZENE

NICOTINE IS HIGHLY ADDICTIVE & CAN HARM BRAIN DEVELOPMENT.

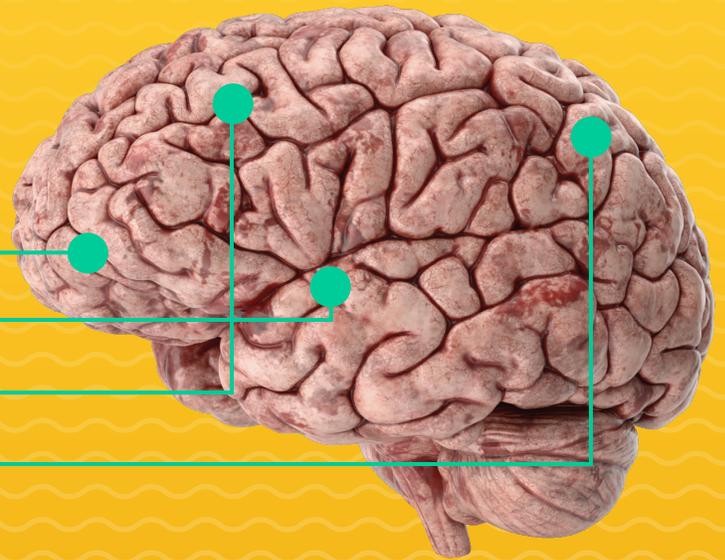
Using nicotine can harm the parts of the brain that control:

MOOD

IMPULSE CONTROL

LEARNING

ATTENTION



THERE ARE FREE TOOLS TO QUIT VAPING JUST FOR TEENS.

Join My Life, My Quit at hawaii.mylifemyquit.org,
by texting "Start My Quit" to **36072**, or Calling **855-891-9989**

MY LIFE, MY QUIT PROVIDES:

- Planning tools designed to help you quit and coaching via text, e-chat, or phone
- Incentives if you complete call-in coaching
- Motivational texts and/or emails
- Certificate of Completion

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Get the facts about vaping at EscapeTheVapeHawaii.com